



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

Idaho

All statistics are based on parental reports.

National %	State %	
14.8	10.1	Percent of children who are overweight
21.9	17.5	Age 10-11
14.4	7.9	Age 12-14
10.7	7.6	Age 15-17
22.4	24.1	0-99% Federal poverty level
19.0	12.3	100-199% Federal poverty level
13.7	6.9	200-399% Federal poverty level
9.1	5.5	400% Federal poverty level or more
18.1	12.7	Male
11.5	7.3	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	70.5	
78.2	72.9	Age 10-11
74.2	75.8	Age 12-14
63.3	63.9	Age 15-17
76.8	73.8	Male
65.6	66.9	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	63.5	
61.5	63.4	Age 10-11
61.6	71.5	Age 12-14
53.4	55.9	Age 15-17
62.1	63.4	Male
55.0	63.5	Female
72.9	78.5	Percent of children with at least one parent who exercises regularly